ABSTRACT OF THE DISCLOSURE

A security bar for use with a truck having a hauling bed includes an elongated cross bar, a pair of end plates, and a pair of fastening elements used to attach the security bar to the hauling bed. The elongated cross bar defines openings at each end. The pair of end plates cooperates, respectively, with the openings at the ends of the cross bar. A tie down bar may be attached to the cross bar for securing cargo on the hauling bed.